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(54) **POSTURE IMPROVEMENT SHAPEWEAR
GARMENT AND SYSTEMS**

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ABSTRACT

Shapewear garments and garment systems are provided for comfortable yet effective postural and body shape improvement. The shapewear garment as described herein includes a plurality of support bands on a rear portion of a torso body of the shapewear garment to provide effective support for different areas of the back and spine to achieve more balanced posture as well as a psychological boost from a slimmer, smoother body shape.

